

Treatment of Cholera with Water.

By C. S. SCHIEFERDECKER.
(Of the Water-Cure Institute, Montgomery county, Pennsylvania.)

My own advice is, to put the patient, if the disease is only in its premorbid stages, at once, into a sitz-bath from 60 to 68 degrees F., colder or more tepid, according to the condition of his skin, and the strength of his constitution. In this sitz-bath, his whole abdomen is rubbed from about twenty-five minutes to one hour. After this, put the patient to bed, give him often water to drink in small quantities at a time. Is after about fifteen minutes the extremities are yet cold, rub them with hands dipped in cold water till they get red and warm. After every stool give him a cold enema (injection) of four ounces. Cover him well up, and wait for a sweat, which will generally soon come on. If the first symptoms re-appear, repeat the whole procedure, till a full and profuse perspiration is obtained. After the patient has sweated from two to four hours, wash him off with a linen sheet, dripping wet with water of 68 degrees F., which is thrown all over him. Good care is to be taken that the sweating body is not exposed to the influence of the air before it has been washed.

If the patient is already very weak, if his skin is dry, cold and bluish, we have to put the patient at once into an empty bath-tub, dash over his head, then over his shoulders, and finally over his abdomen and extremities from five to twenty buckets of cold water, which has to run off, as soon as it has done its duty, while two or three nurses are rubbing the whole surface with all their might. After this we put the patient to bed, cover him well, give him plentifully to drink, and surround the whole abdominal cavity with compresses, dipped in cold water, and not too much wrung out, to be renewed when they get hot. He will fall asleep and sweat, this sweat is again supported by frequent drinking of small quantities of water, and finally washed off, as above stated, only that the water be in this case a little colder.

If the skin is cold and covered with a clammy sweat, we put the patient into a half bath, about six inches deep, of about 70 degrees F. water. Here the patient is carefully washed off, and well rubbed for ten minutes. After this time, from two to five buckets of cold water is dashed over him, and he is brought to bed and well covered with blankets. If he falls asleep and gets into a sweat, we let him alone and give him only water to drink according to his thirst. But if he again gets cramps and gripings, we at once put him into a sitz-bath of about 63 degrees F., rub his abdomen, back and extremities till the natural warmth returns, and the symptoms subside. He then is brought to bed and well covered.

During the whole treatment of Cholera, drinking fresh pure water is of great importance, as well as cold water injections after every stool, till the extremities again get a natural appearance. The wet compresses over the abdomen are in the beginning renewed when they get warm; the better the patient gets, the less frequently they are renewed, and the harder they are wrung out. As soon as the patient begins to sweat, we open the windows and let him have the pleasure of inhaling fresh air. The windows have, of course, to be shut again, when the patient is to be washed off after the sweat.

A main point of the cure is to give the patient all the quiet he requires, in order to give the body an opportunity to rally.

The temperature of the bath, and the duration of the sweat, is to be measured by the strength of the constitution of the patient, and by the intensity and the stages of the disease.

One single course of the above described treatment is very often, and always when repeated in time, sufficient to a perfect restoration; but if the attacks are repeated, or the patient gets even worse, we have to repeat the whole procedure, but then with entirely cold water.

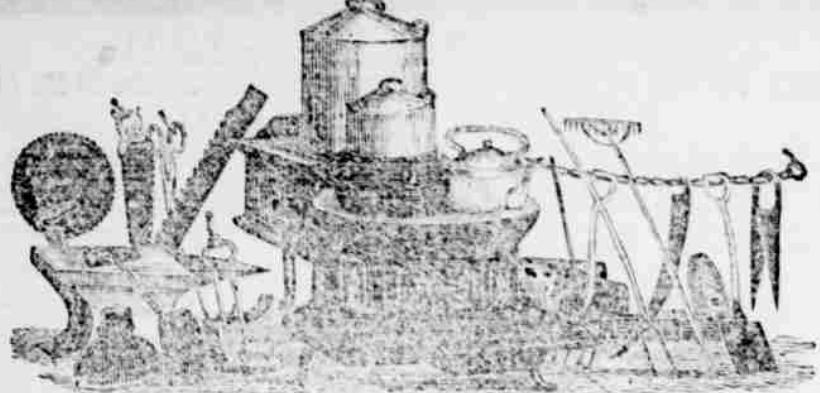
The water used in Cholera, ought to be always fresh from the spring, particularly for drinking.

Cramps in the legs we remove by rubbing them hard in cold foot-baths. If the pains and gripings in the belly are very violent, we have to give more frequently cold enemas; the usual pains and gripings are easily subdued by rubbing in the sitz-bath.

The least tendency to cramps is cold, watery bread is the best nourishment for a Cholera patient, to which very little butter may be added, but milk, tea and other similar or stimulating drink are very bad. After the Cholera is conquered, the patient has to be packed for a few days in wet sheets to sweat highly, to take two sitz-baths daily, for twenty-five to forty-five minutes; and after that, two packings in blankets for strong sweats, are advisable, if the nervous system and the respiratory organs are strong. In the same manner, have the compresses on the abdomen to be continued for some time, and renewed daily three to four times.

We find the following well-timed and pertinent remarks in New York Express:

"The cholera—pestilence.—Among the judgments of Heaven none has ever been more conspicuous than pestilence. Some times it has been atrocious. It was so when it traversed Egypt in a single night, and destroyed the first-born of every family. In other cases natural causes, to some extent, have been detected. And thus multitudes have come stupidly and irreverently to overlook the divine hand. At length it seemed necessary to send abroad the destroyer, in aspects of greatly increased obscurity and mystery. The great pestilence, now in full force, in the Cholera,



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Dr Townsend's Soda-water invigorates the whole system permanently. To those who have lost their system-energy by the effects of sedentary indolent occupations, and the excessive indulgence of the passions, and lengthens the nervous-temperament, while it strengthens the nervous-system, promotes the health, relieves pain, and cures disease. It has saved lives of more than 5,000 children during the two past seasons.

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